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An APA and SAMHSA Initiative



Welcome to your quarterly update from SMI Adviser. We continue our commitment to advance evidence-based care for individuals who have serious mental illness (SMI).

Now in Year 4 of our five-year grant, the number of resources that SMI Adviser offers and the level of engagement that we see from the field both continue to grow. We are proud to highlight some of the data and recent work from our initiative.

- ✓ Key metrics from Year 3 of our initiative, which show how an interprofessional audience engages with SMI Adviser education, our website at SMIadviser.org, and our mobile apps.
- ✓ The recent launch of our new guide on rural mental health developed in partnership with the National Association of State Mental Health Program Directors (NASMHPD) and the NASMHPD Research Institute (NRI).
- ✓ De novo resources that address how to reopen your mental health practice after the pandemic, treatment-related myths around SMI, how to talk about the COVID-19 vaccine with individuals who have SMI, and more.
- ✓ The upcoming launch of our Digital Health Community of Practice, a new learning opportunity that addresses the intersection of digital health, mental health, and clinical care.

More than ever, you have a role too. Invite your colleagues to engage with our evidence-based education and resources. Visit our [Partner Action Toolkit](#) to find all of our materials that you can share and use to help raise awareness.

Thank you for being an important part of this initiative.

For questions about SMI Adviser, please contact us at SMIAdviser@psych.org. Our team is here to help you.

A BETTER TOMORROW

Find answers that help people with serious mental illness live their best lives.



**Clinicians
& Providers**



**Individuals
& Families**

GRANT STATEMENT

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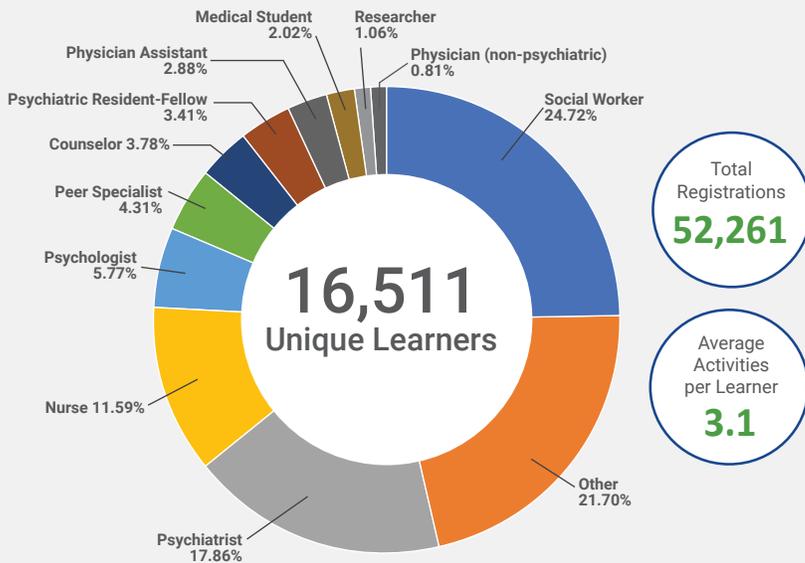
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A Look at Our Growing Impact

In Year 3, SMI Adviser continued to develop and launch education on topics that address gaps in the field. This approach fueled participation across all professions in mental health.

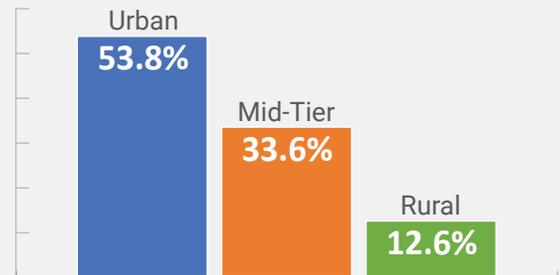
Interprofessional Participation in Year 3



Growth in Participation Year Over Year in Rural and Mid-Tier Areas



Unique Learners by Location in Year 3



Live Webinars Produced in Year 3

48

Examples of webinar titles: "Inclusive Evidence-Based Practices in Gender Non-Binary Mental Health...", "Psychiatric Advance Directives (PADs): A Tool for Improving Crisis Care..."

[SEE OUR EDUCATION CATALOG](#)

New Knowledge Base Resources Added in Year 3

154 Clinicians +

[VIEW KNOWLEDGE BASE](#)

73 Individuals and Families 👤

[VIEW KNOWLEDGE BASE](#)

Total Consultations Delivered in Year 3

1,756

[SUBMIT A QUESTION NOW](#)



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Successful Virtual Conference on Sociopolitical Determinants

Last month, SMI Adviser partnered with the American Psychiatric Association for the Mental Health Services Conference. The two-day virtual event took place on October 14-15 and offered a special focus on sociopolitical determinants of mental health.

Sessions tackled tough topics such as how to address and resolve systemic trauma, structural racism, the effects of climate change on mental health, special needs in rural and remote communities, and much more. Keynote speakers included Miriam E. Delphin-Rittmon, PhD, Assistant Secretary for Mental Health and Substance Use and Administrator of the Substance Abuse and Mental Health Services Administration (SAMHSA), and Peter Q. Blair, PhD, Assistant Professor of Education at the Harvard Graduate School of Education and Principal Investigator of the Blair Economics Lab.



Comprehensive Guide on Rural Mental Health



[DOWNLOAD THE GUIDE](#)

Twenty percent of the U.S. population live in rural and remote communities. The prevalence of SMI is slightly higher for adults ages 18+ who live in rural areas than for those who live in urban areas. Yet there are a number of barriers to care in rural and remote communities.

SMI Adviser is proud to present a new guide on Improving Behavioral Health Services for Individuals with SMI in Rural and Remote Communities. It provides a blueprint on how to improve availability, access, and acceptance of mental health services in rural and remote communities. It is an ideal resource for clinicians, administrators, policymakers, and advocates who live and work in these areas.

This guide is developed in partnership with our colleagues at the National Association of State Mental Health Program Directors (NASMHPD) and NASMHPD Research Institute (NRI).

In October 2021, SMI Adviser launched a learning community dedicated to rural peer support, also in partnership with NASMHPD and NRI. It allows rural peer supports to share innovative work and insights on how to tailor services and delivery for the workforce and resources available in rural communities. This new community is a direct result of the recommendations identified in the guide.

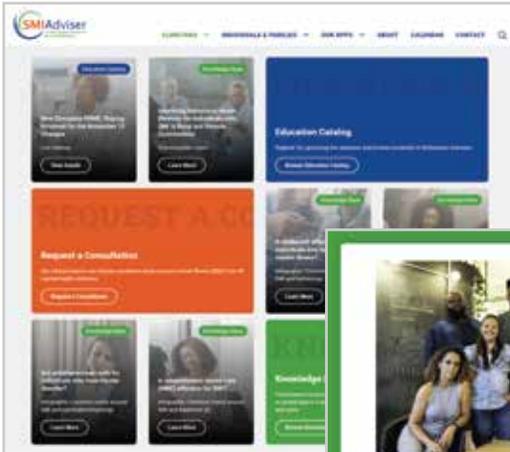


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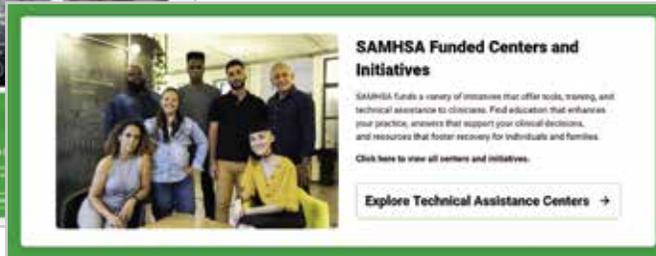
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Enhanced Look on SMI Adviser Website



In 2021, SMI Adviser redesigned the clinician portal on SMIadviser.org. This is critical as our initiative offers so many new resources, downloads, and learning opportunities. The modern, blog-style format now makes this information easier to find and access.



[VISIT THE SITE NOW](#)

MYTH vs FACT on Serious Mental Illness

TREATMENT

New Resources to Bust the Myths on SMI

Earlier this year, we launched a new series of infographics to debunk common myths around SMI. The first two in the series centered on [psychopharmacology](#) and [technology](#) and proved to be quite popular.

Now, we are proud to release two new infographics that focus on treatment-related myths. Thanks to our Clinical Expert Team, these new resources provide evidence-based answers to set the record straight.

[DOWNLOAD INFOGRAPHIC 1](#)

[DOWNLOAD INFOGRAPHIC 2](#)



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Join the Digital Health Community of Practice



As digital health technologies become more common in mental health, there is a learning curve for everyone in the practice. It is a gap that SMI Adviser wants to address so that clinicians can use digital health to improve care for individuals who have SMI.

We are proud to launch the Digital Health Community of Practice in November 2021. It helps clinicians find answers to common questions and challenges around the rapidly evolving areas where digital health, mental health, and clinical practice intersect. Each month, the community hosts a live Q&A around a hot topic in digital health, such as telehealth, apps, wearables, privacy, adherence, reimbursement, data, and more. The community also has discussion boards and more.

[JOIN THE COMMUNITY](#)

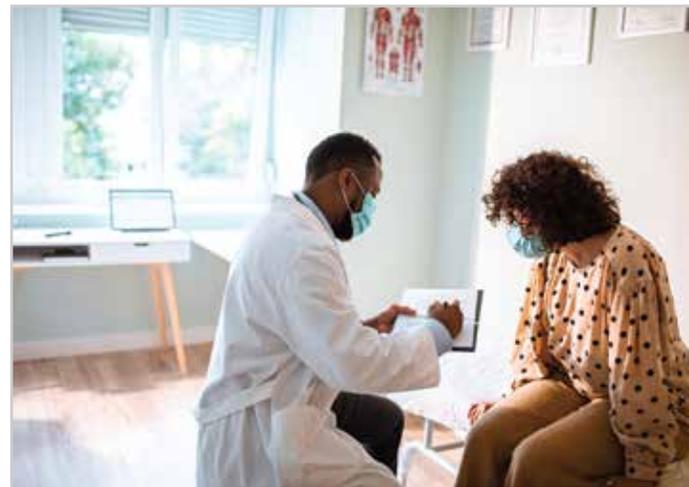
New Resources to Help Clinicians Navigate COVID-19

In 2021, SMI Adviser continued to develop resources that help mental health clinicians address the ongoing impact of the pandemic.

Reopening Your Mental Health Practice: A Checklist to Help You Prepare for In-Person Office Visits

This checklist is ideal for practices that care for individuals who have SMI. Find tips on how to assess individuals for telehealth or in-person visits, adjust office procedures and space, and consider important issues before and during in-person appointments.

[DOWNLOAD NOW](#)



How to Talk About the COVID-19 Vaccines with Individuals Who Have Serious Mental Illness

This helpful guide offers guidance on how to initiate conversations about the COVID-19 vaccines with individuals who have SMI. Find and apply tips on how to identify potential risk factors and how to use motivational interviewing and a shared decision-making process to guide the talk.

[DOWNLOAD NOW](#)



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Welcome to New Member on Our Clinical Expert Team



SMI Adviser welcomes José M. Viruet, LCPC, as the SMI Community Care Expert on our Clinical Expert Team.

José is the Clinical Director of Behavioral Health at Erie Family Health Center, a Federally Qualified Health Center (FQHC) in Illinois that serves the area west of Chicago. He has more than 20 years of experience working with adolescents, young adults, and adults who have significant mental health challenges. José has worked in a variety of clinical settings, such as residential care, inpatient hospitals, community outreach, and other medical settings.

Have Questions About Community Care?

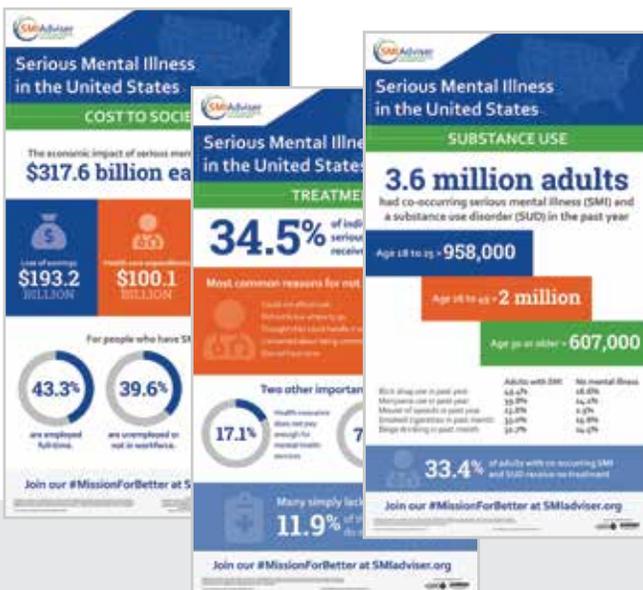
Get a clinician-to-clinician consultation. One of our national experts can respond to your questions within one business day. Ask about:

- ✓ Crisis planning
- ✓ Recovery resources
- ✓ Family engagement
- ✓ Self-care strategies
- ✓ Psychiatric advance directives
- ✓ Treatment strategies
- ✓ Peer support
- ✓ And much more!

[SUBMIT A QUESTION NOW](#)

Use Our Partner Action Toolkit to Raise Awareness

It is easy to get involved and help raise awareness for evidence-based resources on SMI. Visit our Partner Action Toolkit to find logos, flyers, and any other materials you need to share with your colleagues, staff, family members, and individuals in your care.



Join our Mission for Better today. Post something on social media and use our hashtag

#MissionForBetter

[VIEW THE TOOLKIT](#)



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National Awards Programs Recognize SMI Adviser Efforts

A strategic approach is at the heart of SMI Adviser's work. Our team is proud to have that work validated when measured against a high standard.

dotCOMM Awards

In 2021, SMI Adviser was recognized with three Gold awards and three Honorable Mentions in the dotCOMM Awards, an international marketing awards program. dotCOMM Awards are administered and judged by the Association of Marketing and Communication Professionals (AMCP), one of the largest, oldest and most respected evaluators of creative work in the marketing and communication industry.

GOLD Awards

My Mental Health Crisis Plan

Category: Mobile/Apps, Use of QR Code

Third National Conference on Advancing Early Psychosis Care: Addressing Inequities – Race, Culture, and COVID

Category: Virtual Events, Conference

How to Talk About the COVID-19 Vaccine with Individuals Who Have Serious Mental Illness

Category: Content Marketing, How-To Guide

Honorable Mentions

SMI Adviser website

Category: Website, Medical

The Data on Serious Mental Illness in the United States

Category: Website Element, Motion Graphics Explanation

Category: Video Creativity, Motion Graphics



Aster Awards

SMI Adviser won a Gold award in the Aster Awards, the nation's most elite competition dedicated to recognizing the most talented healthcare marketing professionals for outstanding excellence in advertising, marketing, and communications.

GOLD Award

SMI Adviser Newsletter

Category: Newsletter/External - Series





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Davey Awards

SMI Adviser also won a Gold award and two Silver awards in the Davey Awards, which is sanctioned and judged by the Academy of Interactive and Visual Arts (AIVA), an invitation-only body that consists of top-tier professionals from a “Who’s Who” of acclaimed media, advertising, and marketing firms.

GOLD Award

The Data on Serious Mental Illness in the United States

Category: Branded Entertainment, Health and Wellness

SILVER Awards

The Data on Serious Mental Illness in the United States

Category: Branded Entertainment, Best Use of Animation & Motion Graphics for Digital Content

Category: Branded Entertainment, Best Use of Animation & Motion Graphics & Design



SAMHSA Partner Spotlight: The African American Behavioral Health Center of Excellence (AABH CoE)

This section highlights other programs and resources from the Substance Abuse and Mental Health Services Administration (SAMHSA).

The AABH CoE focuses on transformation of systems and policies, culturally appropriate evidence-based practices, and building a culturally competent workforce. It works in collaboration with multiple networks and constituencies.



Current resources from the AABH CoE include interviews with transformational leaders, webinars, infographics, articles, and more. It also offers a self-study and discussion guide, Healing History, that helps practitioners use history to make their services safer and more effective for African Americans.

[SEE RESOURCES FROM THE AABH COE](#)